

A close-up photograph of a white plate featuring several golden-brown, round falafel patties. Accompanying the falafel are slices of fresh pita bread, a wedge of red tomato topped with yellow seeds, and thin slices of red onion. A small sprig of green herb is also visible. In the bottom left corner, a small white bowl contains a yellow sauce. The background is softly blurred, showing more of the meal. A large, light blue Star of David is overlaid on the left side of the image.

JEWISH RECIPES

From Israel

Bring the Taste of Israel into your home!

IsraeBooks is proud to present a mini-cookbook of uniquely Jewish recipes for you to enjoy. These delicious recipes will give you a taste of the Middle-Eastern style as well as the traditional European Jewish food.

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Chopped Liver – Pechonka

Meat dish – Bukhari style – suitable as an appetizer

Ingredients:

½ kilo chicken liver, grilled with salt
4 onions
4 hard-boiled eggs
Handful of coriander
1 tsp. salt
1 tsp. black pepper
½ tsp. mustard
Pickles, celery leaves and black olives for decoration.

Preparations:

1. Roast ½ kilo chicken liver with salt.
2. Cut onions into slices and fry (preferably in olive oil) in a pan.
3. Add the liver to the pan, fry very well, and let it cool down.
4. Mix in the blender: Fried liver with onions, eggs, salt, black pepper and mustard
5. Place on a serving dish, cut into triangles, drizzle a little bit of oil over it and spread the coriander in the center.
6. Decorate with one celery leaf over each of the liver triangles, and surround with pickles and black olives.

Serve cold or room temperature.

Bon Appetit!



HILBA – Fenugreek

Parve – Yemenite style – no cooking

Ingredients:

½ cup of powdered fenugreek / ground fenugreek
Water
Juice of 1 lemon
1 tsp. salt
½ tsp. black pepper
½ tsp. Schug (Yemenite hot sauce)
1 Large tomato finely chopped

Preparations:

1. Place the powdered fenugreek in a bowl of water for about 3 hours (the water should cover the powdered fenugreek).
2. Put fenugreek in a blender and mix until you get a whipped, airy texture.
3. Transfer to a bowl and let it stand for an hour.
4. Mix well with a spoon. When the color changes from yellow to white and it doubles in size, add the rest of the ingredients and mix well.

Bon Appetit!



Shakshuka

Parve

Ingredients:

2 onions finely chopped
15 crushed garlic cloves
1 large red pepper
Hot pepper chopped thin and small (optional)
5 Tomatoes or a can of crushed tomatoes (800 gr)
2 tsp. tomato paste
Pinch of salt, black pepper, and Hawaj
6-7 eggs

Preparations:

1. In a large pan fry the onions and garlic.
2. Add pepper and tomatoes, fry for 5-10 minutes.
3. Add tomato paste, pinch of salt, black pepper and Hawaj
4. Cook for about 30 minutes on low heat.
5. Create 6-7 holes in the mixture and in each hole pour an egg.
6. Spread a pinch of salt and black pepper over each egg and cover the pan.
7. Cook on low heat until the eggs are done.

Bon Appetit!



Shakshuka with Tuna

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Ingredients:

1 can tuna, drained
5 tsp. oil (preferably olive oil)
3 hot green peppers
4 cloves garlic
3 tomatoes cut in large slices
Pinch of salt
Pinch of black pepper
Paprika
Pinch of cumin
4 eggs

Preparations:

1. Fry hot peppers, garlic and 3 tomatoes until the tomatoes become soft, stirring occasionally.
2. Add salt and pepper.
3. After the liquid has evaporated, add paprika, cumin and tuna.
4. Create 4 holes and in each hole crack an egg.
5. Cover the frying pan and cook on low heat until the eggs are ready.

Bon Appetit!



A festive couscous salad

Parve

Ingredients:

Bag of fine couscous (350 gr)	100 g. raisins
2 cups boiling water	100 g. dates
A pinch of salt	1 apple chopped into small cubes
A pinch of curry	Handful of parsley
A pinch of hawaj (optional)	A few orange slices
5 tsp. oil (preferably olive oil)	Pinch of cinnamon
100 g. dried apricot	

Preparations of the couscous:

1. Empty the bag of couscous into a pot.
2. Add 3 tsp. of oil, salt, black pepper and boiling water.
3. Mix well and cover. Let it stand for 10 minutes (without any cooking).
4. After 10 minutes, open the pot, mix and let cool.

Preparations of the couscous salad:

5. Add remaining olive oil and mix gently with a fork.
6. Add dried apricot cut thin, raisins (after soaked in boiling water for 10 minutes and washed with cold water, dates chopped thin, apple, 1 orange slice cut into small cubes, and a handful of parsley chopped thin (without the leaves).
7. Mix all the ingredients together.
8. Decorate with remaining orange slices and sprinkle with cinnamon (optional).

Serve at room temperature.

Bon Appetit!



Matbucha Salad

Parve – Middle Eastern style

Ingredients:

1 large onion finely chopped
1 head of garlic, peeled and crushed
4 red peppers, chopped small
12 crushed tomatoes
Spices: salt, black pepper to taste
1/3 cup of oil

Preparations:

1. Fry onion until golden in color.
2. Add garlic and fry.
3. Add red peppers.
4. Add tomatoes and spices.
5. Bring to a boil and cook on low heat for about two hours.

Bon Appetit!



Spicy Schug

Parve – Yemenite style

Ingredients:

1 head garlic
5 hot peppers - green or red
1 tomato cut into cubes
1/3 tsp. lemon salt
1/3 tsp. cardamom (optional)
4 tsp. thinly chopped coriander
Pinch of salt
Pinch of black pepper

Preparations:

1. Crush the cloves of garlic from the garlic head.
2. Grind the garlic (in a food processor or a blender) with hot peppers and tomato.
3. Add: lemon salt, cardamom (optional), coriander, salt, and black pepper
4. Mix everything together.

Bon Appetit!



Gefilte fish

Ashkenazi style

Ingredients:

1 kg. ground carp fish	2 eggs
6 onions (3 grated and 3 finely chopped)	5 tsp. matzo flour
1½ tsp. black pepper	3 carrots, cut into circles
Pinch of salt	2 tsp. oil
7 tsp. sugar	

Preparations:

1. Fry the chopped onions until golden.
2. Add to the fish: Fried onions, 1 grated onion, 1 tsp. black pepper, salt, 2 tsp. sugar, eggs and matzo flour.
3. Mix all the ingredients together and put in the fridge for two hours (if the fish mixture is too loose, add more matzo flour).
4. Combine in a separate pot and bring to a boil: 2/3 pot of water, carrots, 2 grated onions, 5 tsp. sugar, ½ tsp. black pepper, salt and oil.
- 5.
6. Create about 20 patties of fish with wet hands and add to boiling water.
7. Cook on medium heat for about an hour and a half.
8. Remove patties from pot, let cool and arrange on a beautiful tray, each topped with a round carrot for decoration.

Bon Appetit!



Meat/chicken with carrots and rice – Aosflo

Meat – Bukhari style – can be served as a main or side dish

Ingredients:

3 large onions, cut into circles
10 chicken legs, 5 chicken thighs or about 800 g. beef chunks
6 carrots
Pinch of salt and black pepper
100 g. raisins with pinch of cinnamon OR can of chickpeas (ready to eat)
3 cups rice
Water
1 tsp. salt
Oil for frying

Preparation of the “Aosflo – chicken”:

1. Fry onions in a pot until golden in color.
2. Add the pieces of chicken to pan of fried onions, and fry chicken on both sides for about 10 minutes on high heat.
3. Add salt and pepper.
4. Cut 6 carrots lengthwise until you get long carrot “sticks” and place over the pieces of chicken.
5. Add a cup and a half of water and cook on low heat with the carrots until chicken becomes soft.
6. Spread over the chicken raisins with cinnamon, or can of chickpeas with a pinch of black pepper.
7. Add over everything 3 cups of washed and strained rice and tsp. of salt. Cover with boiling water, about 1 cm. above the rice, and cook on high heat without covering the pot until the water evaporates and you can see the rice.



8. Mix the rice gently without touching the chicken and make holes with the blunt side of a knife in several places of the dish in order to release the steam and liquids.
9. Cover the pot with a lid and cover the lid with a clean towel, and cook on a low heat until the rice becomes soft. Mix gently only once.
10. When the dish is ready and the rice is soft and separated, remove the pieces of chicken one by one and place on a serving dish.

Serving idea: Take out the rice first, place the carrots, raisins or chickpeas over the rice, and place the chicken on top.

Preparation for Aosflo (beef):

1. Cook the beef in enough water to cover the meat. Add ¼ tsp. of salt and a ¼ tsp. black pepper, and cook until the meat becomes soft.
2. Drain the water from the meat.
3. Fry the onions in a pot until golden and fry the meat for about 10 minutes on high heat, adding a pinch of salt and black pepper.
4. Cut 6 carrots lengthwise to get long carrot sticks and place over the meat.
5. Spread 100 g. raisins with a pinch of cinnamon OR a can of chickpeas with a pinch of black pepper on top of the meat.
6. Add 3 cups of washed and strained rice and tsp. of salt. Cover with boiling water about 1 cm. above the rice. Cook over high heat until the water evaporates and you can see the rice.
7. Gently mix the rice without touching the meat. With the reverse side of a knife, make holes in several places in the dish in order to release the steam and liquids.
8. Place a lid on the pot and cover with a clean towel. Cook on low heat until the rice becomes soft. Mix gently only once.
9. When the dish is ready and the rice is soft, remove contents of the pot and place on a serving dish.

Serving idea: Take out the rice first, over it spread the carrots, raisins or chickpeas, and place the meat on top and serve.

Bon Appetit!

Chicken with Almonds

Meat

Ingredients:

6-8 pieces of chicken
300 g. white almonds (soaked overnight), peeled
Oil for frying
1 chopped onion
3 cloves of garlic
½ tsp. turmeric
½ cup water

Preparation:

1. Fry the onion and add the garlic.
2. Add the pieces of chicken and turmeric.
3. When the chicken secretes liquids, add the almonds and water.
4. Lower the heat and continue cooking for another 1½ hour.

Bon Appetit!



Chicken with Eggplant and Tomatoes

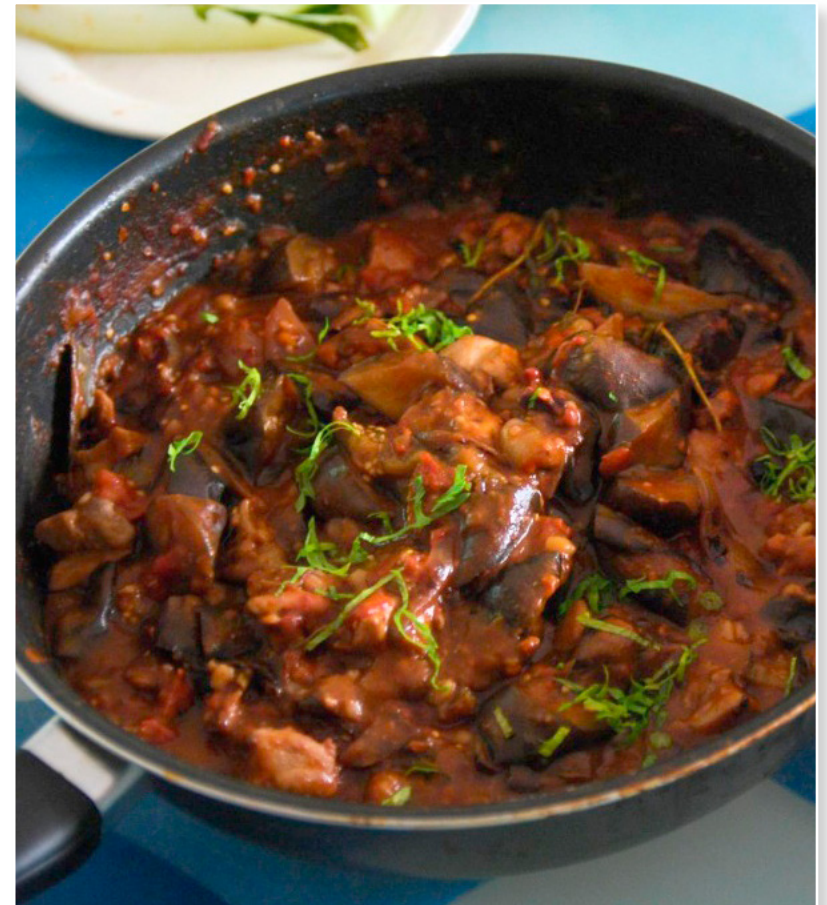
Meat – Persian dish

Ingredients:

4 chicken legs
5 tsp. oil
5 tomatoes cut into quarters
1 medium eggplant
1 package crushed tomatoes (800 gr.)
 $\frac{3}{4}$ cup water
1 onion, chopped small
Juice from one lemon (or $\frac{1}{4}$ cup natural lemon juice)
Spices: turmeric, pinch of salt, pinch of black pepper
2 tsp. chopped parsley

Preparation:

1. Slice the eggplant lengthwise, and spread a pinch of salt over it. Put in a strainer for an hour.
2. Wash the eggplant and dry off.
3. Cut the eggplant into slices and fry until golden on both sides.
4. Fry the tomatoes.
5. In a separate, wide pot, heat oil and fry the chicken until it becomes brown. Add the onions and fry a little more.
6. Add: Turmeric, crushed tomatoes, salt, black pepper and water.
7. Bring to a boil.
8. Cook on low heat for about an hour and a quarter.
9. Add lemon juice, eggplant and fried tomatoes and continue cooking for another $\frac{1}{2}$ hour.



Bon Appetit!

Moroccan pancakes – Mofleta

Parve – suitable for a Mimouna (traditional Moroccan Jewish celebration held the day after Passover).

Ingredients:

½ kg. flour (about 3.5 cups)
30 g. yeast
1½ cup lukewarm water
Pinch of salt
3 tsp. oil
Honey, jam
Oil for frying

Preparation:

1. Dissolve the yeast in ½ cup lukewarm water and let stand for 5 minutes.
2. Place the flour in a wide bowl. Create a hole in the center and pour in the water with dissolved yeast, one cup of water, a pinch of salt, and oil.
3. Mix until the dough becomes gentle and soft.
4. Grease a large baking dish. Make about 20 balls of dough and roll them in oil. Cover and let rise in a warm place for about 30 minutes.
5. Grease a working area and roll each ball into a thin circle.
6. Grease a pan and fry on one side until the edges get loose.
7. Serve with honey and jam.

Bon Appetit!



Yemenite style pancakes – Malawach

Parve

Ingredients:

2 1/2 cups flour
1 cup warm water
1 tsp. salt
1/2 cup butter

Preparation:

1. Put flour and salt in food processor, add water and process until dough forms a ball.
2. Add more flour or water as needed. Dough should be very soft, but not sticky.
3. Transfer dough to a bowl, cover and let stand 1 hour.
4. Divide it into 2 parts.
5. Roll out 1 part and spread with half the butter.
6. Fold in thirds, roll out and fold in thirds again. Do this 1 more time.
7. Let stand covered with a damp towel for 1 hour.
8. Do the same with rest of dough.
9. Divide dough in thirds.
10. Roll out each piece very thinly.
11. Heat skillet and fry bread until golden brown.
Flip over and cook second side until golden too.
12. Transfer to a warm plate while you do the rest.
13. Serve warm with hummus and tomato sauce, or honey and maple syrup.



Bon Appetit!

Hamantaschen for Purim

Parve

Ingredients:

3/4 cup oil
1 cup sugar
2 eggs
6 tablespoons orange juice
1 tablespoon vanilla extract
2 tsp. baking powder
4 ½ c. flour
1 can poppy seed filling, or any flavored jam

Preparation:

1. In a large bowl, cream together the oil and sugar until smooth. Beat in the eggs one at a time, then stir in the orange juice and vanilla. Mix in the baking powder, then gradually stir in the flour until the dough forms a ball. Cover and refrigerate at least 2 hours.
2. Preheat the oven to 375 degrees F (190 degrees C). Grease cookie sheets.
3. On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut into 3-inch circles using a cookie cutter or drinking glass. Place circles on the prepared cookie sheets. Spoon 1 teaspoon of filling onto the center of each circle (no more, or it will ooze out). Pinch the sides of each circle to form a triangle, covering as much of the filling as possible. The cookies may be frozen on the cookie sheets if desired in order to help retain their shape while cooking.
4. Bake for 8-10 minutes in the preheated oven, until light golden brown. These are best undercooked slightly. Cool on the baking sheet for a few minutes before removing to wire racks to cool completely.



Bon Appetit!

Yeast donuts – for Hanukah

Parve

Ingredients:

50 g. yeast
1½ cup lukewarm water
5 cups flour
½ cup oil
½ cup sugar
2 tsp. vanilla sugar
3 eggs
Pinch of salt
Jam
Oil for deep frying
Powdered sugar for sprinkling

Preparation:

1. Dissolve the yeast in ½ cup of lukewarm water. Pour flour into a separate bowl, creating a hole in the center. Pour the yeast mixture in the hole and mix. Wait several minutes for the yeast to activate and then add sugar, vanilla sugar, eggs, oil, and a pinch of salt. Mix well.
2. Cover and let it stand until the dough rises.
3. After the dough rises to at least double the size, flatten the dough with a rolling pin. Spread the jam over the dough and fold the dough in half. Cut circles of dough with a cup, about ½ cm. thick.
4. Let the circles of dough rise for another 20 minutes.
5. Deep fry in hot oil.
6. When donuts are slightly cooled, sprinkle with powdered sugar.



Bon Appetit!